

COOK SMART TO HELP STUDENTS EAT SMART REGIONAL WORKSHOPS

These workshops will provide training on food preparation techniques and menu planning tips to help you serve meals and snacks that meet the Dietary Guidelines for Americans and the USDA regulations. Tips for cooking smart to reduce fat, sugar, and sodium while increasing fiber, flavor and overall eye appeal will be covered. The target audience is food service managers, cooks, and cook's assistants. This four-hour training will include a lunch meal. The workshops are free but preregistration is required and limited to 20 participants per site.

DATES AND LOCATIONS

Department of
Health and Human
Development

Billings	April 22, Thursday	Peace Lutheran Church Kitchen 1301 Avenue D Corner of 13th St. West and Ave D
Malta	August 17, Tuesday	Malta High School Kitchen South 9 th Street West
Glendive	August 19, Thursday	Dawson High School Family & Consumer Science Rm 900 N. Merrill Ave

The workshop is from 10:00 a.m. to 2:00 p.m.

TRAINING IS FREE BUT PREREGISTRATION IS REQUIRED

Deadline for Preregistration is seven days before date of training or until class limit is met.

Call Montana Team Nutrition Program at (406) 994-5641 for more information.

Please note: This class will also be offered in **Helena** on June 15, 2010, as an MSNA pre-conference session. To register for this class, contact Becky Green at (406) 654-1034 or e-mail her at feedmtkids@yahoo.com. There is a nominal fee for the Helena workshop.

Cook Smart Training Preregistration (Please Print)

Complete one registration form for each person attending and mail to Montana Team Nutrition Program, MSU, P O Box 173370, Bozeman, MT 59717, or fax to: **(406) 994-7300**.

**Montana Team
Nutrition Program**
202 Romney Gym
P.O. Box 173370
Bozeman, MT 59717-3370

Name and Title _____
School District _____
School Telephone _____ Home/Cell Telephone: _____
School E-mail _____ Home E-mail _____

I will attend training in: (Please check the site)

April 22, 2010	--	Billings	_____
August 17, 2010	--	Malta	_____
August 19, 2010	--	Glendive	_____

Tel 406-994-5641
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Email kbark@mt.gov
www.opi.mt.gov/schoolfood

*In cooperation with
the Montana Office of
Public Instruction*